

## ONE VICTIM A YEAR.

The Grim Story of the Bridgeport Suicide Club.

## AN OATH OF SELF-SLAUGHTER.

An Association Formed in a Saloon as a Joke Assumes Practical Shape of a Most Heinous Nature.

On evening, six years ago last spring, there sat around a large table in the barroom of John Kinzie's saloon at Bridgeport, Conn., a half dozen men, five of whom were Germans and one American born. Glasses of beer from



THE HOME OF THE CLUB.

which the froth was slowly vanishing stood before them untasted. The companions were not talking, save in a few, desultory sort of fashion, but they smoked in a grim, persistent way that told of meditation. The night was warm and the door stood ajar. Outside the rain poured down incessantly, ever and anon the thunder growled like a wild beast hungry for its prey, and the lightning flashed its darts of flame across the inky sky. An occasional gust of wind rolled in, whereat the gas would flare and the curling tobacco smoke assume fantastic shapes. A blast of extra force roused one of the number from his introspective gaze.

"Dreadful weather," he muttered, seizing his glass and draining its contents. "It gives me the horrors almost."

The others followed his example and emptied their mugs.

Kinzie arose with the remark: "Well, now you must take a round with me."

"No, sir, it's on me; what'll you have, boys?"

The voice was that of a new comer, who had that instant entered the door. His face wore the bright, audacious, aggressive look of the man of the world, and it also bore the stamp of youth and health and hope. Each one's countenance brightened at his greeting, and hands were outstretched in welcome. He took a seat at the table and quaffed his beer with the eagerness of thirst. Then he glanced about and queried:

"What's the matter with you fellows? I came in as you looked as if you were ready to kill yourselves."

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They did.

Heisterhagen was buried with all the honors. The brass band of which he had been a member played at his funeral, and the men who sat with him that tempestuous evening in Kinzie's saloon contributed a magnificent floral offering which was to be the first of many of its kind. The twelve months passed, and the suicide was almost forgotten. The members of the "club" had not sought with much enthusiasm to cultivate each other's acquaintance, but on the anniversary they all chanced to meet at Kinzie's saloon. They had been no prearrangement. What did it mean?

"It is fate," said Roberts. "Let us throw the dice."

They did so, and William Meekel lost. Then they drank, and drank deeply. The spell of that former meeting seemed to be upon them. A hideous mirth unchained each one's tongue and impelled him to chant the charms of the grave and the weariness of life. A chair was set at the table for Heisterhagen. They shouted for his ghost to join them, and placed a glass of liquor in front of the empty seat. They asked friends who dropped in to become members of the club, and secured several additions to their number.

Four months afterward William Meekel cut his throat and Carl Roberts went mad. The dead man was given an expensive funeral and the one dead in life was taken to the Middletown Asylum for the Insane.

The pen almost wearies of setting down the details. Let me summarize in brief the chronicle of horrors from the inception of



THE FLORAL TRIBUTE TO MAYBE.

this league until the present time, giving in order the names of the victims of self slaughter.

1. Max Heisterhagen, saloon keeper, shot himself.

2. William Meekel, sign painter, cut his throat.

3. John Kinzie, saloon keeper, shot himself.

4. George Leavenworth, newspaper man, took laudanum.

5. Wendell Baum, proprietor New Haven hotel, cut his throat in New York city.

6. William Maybe, letter carrier, cut his throat.

The last named can hardly be classed as an actual associate of the club, as at the time of his suicide he had not been elected to membership, and had signed neither the constitution nor the oath. But he was given a funeral as complete in all its appointments as those of his predecessors. His wife is now a lunatic.

Two members still live besides the man in the madhouse. With one of them, the president, I talked at length the other evening. He would neither affirm nor deny the report that he was intending to join his friends in the mysterious land beyond the grave. "All I will say," he remarked, "is that a man has a right to his own existence. If he tires of life, it is his prerogative to cast it aside as he would an old coat. If I choose to commit suicide, it is nobody's business but my own."

A peculiar moral atmosphere seems to pervade Bridgeport regarding this matter. I repeated the last sentence of the president's remarks to Mr. Montagu, a well known photographer of that city, and he commented:

"M. is correct. If he chooses to take his own life it's nobody's business, as no man's."

Here, indeed, was an idea to drive away smut and gloom. All acquiesced, and the proposer of the scheme, George Leavenworth, city editor of the Bridgeport Farmer, drew paper and pencil from his pocket and drafted a constitution and oath of initiation. By the provisions of the former document any one weary of life was declared eligible. The club was to meet monthly, "or oftener," in Kinzie's saloon, and on each anniversary of its birth the members were to shake "poker dice." The one making the smallest cast was bound by the vow to which he subscribed to kill himself within the ensuing twelve months. Those who affixed their names to the gruesome documents were Max Heisterhagen, William Meekel, John Kinzie, Wendell Baum, Carl Roberts, Max Pfalzheim and George Leavenworth.

"Now, gentlemen," cried the last named, merrily, "shoozers around in which to drink short life and happy exit to the members of the Bridgeport Suicide club, and while John draws the beer I'll give you a verse or two suitable to the event. Silence all."

And he began that famous song written by an English officer in India when the cholera moved down men more swiftly than the battle's bullets:

We meet 'neath the sounding rafter,  
And the walls around are here;  
As they echo our peals of laughter,  
It seems that the dead are there.

Then stand by your glasses steady,  
This world is a time of life;  
Here's a health to the dead already,  
Hurrah for the next that dies.

The group seemed imbued with a certain hysterical mirth; a strange recklessness too, possession of all present.

"Bring the dice," shouted some one. "We'll shake now; we won't wait a year. Hurrah for the next that dies!"

The ivory cubes were produced. Each man had three throws in which to secure as high a hand as possible. Remarkable to state—I have the story from an eyewitness—all secured four of a kind; but Heisterhagen and Kinzie, the lowest two, tied on trays and had to shake a second time. The latter threw three fours and a pair of deuces. The former got two sixes, two fives and a four. His cast was lower than any of the others; he had drawn death in the lottery of the dice, and by the terms of the compact he was bound to kill himself within the year.

But it was all a joke, a ghastly sort of amusement concocted to while away the hours, and in consequence with the thunder, the lightning and the storm. As the companions prepared to seek their homes they shook over the jolly evening they had spent together, and congratulated Leavenworth on his novel scheme for dispelling the "blue devils" that had enveloped them prior to his appearance.

"Don't forget to kill yourself," they cried after Heisterhagen as he said good night, and played his way down a side thoroughfare through the darkness.

That was the last ever seen of Max Heisterhagen alive. He went to his saloon on Gold street, unlocked the door, lit the gas, wrote a note, took a pistol from a drawer back of the bar and blew out his brains. The note was addressed to "my respected friends and fellow members of the suicide club," and the message was simply this: "I have kept my oath. A warn you to keep yours."

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## FOR THE FAIR SEX.

Perfect healthfulness is impossible without perfect cleanliness. Frequent bathing is necessary to free the pores of the innumerable little sweat glands from obstructions, and permit the eliminations of impurities from the body. Another important effect of the bath is its influence on the circulation of the blood. A bath, properly taken, invariably accelerates the circulation.

One should never bathe immediately after taking a hearty meal, but should wait two hours at least; nor should he bathe when greatly fatigued. The best time is just before retiring at night.

The entire body should be bathed two or three times during the week in the winter, and from three to seven times a week during the summer months.

It should be remembered that a quick, hot bath, especially when followed by a cold dressing, is strengthening, while a hot bath in a warm room is weakening. A hot bath is one in which the temperature is from 85 to 100 degrees; a warm bath is from 70 to 80 degrees, and a cold bath, below 60 degrees.

There are many people to whom a cold bath is injurious. It should not be indulged in unless when it is followed by drying and rubbing, the skin gloves, and a grateful feeling of warmth is felt throughout the body.

It is desirable to exercise a little before bathing, either by taking a short, brisk walk, or by using dumb bells or Indian clubs for a few minutes. The temperature of the bath room should be from 75 to 80 degrees.

The regular bath of the average person should be taken at a temperature of from 75 to 80 degrees. The soap used should be such as does not irritate the skin. There is none better than the genuine white castile. One should remain in the bath not more than ten or twelve minutes, using soap and sponge freely. It is well to use the cold water faucet two or three minutes before stepping out, or to take a cool spray or shower bath instead.

Immediately upon leaving the bath it is well to envelope one's self in a loose gown of Turkish toweling or thick flannel. This will prevent rapid evaporation and the chilling of the body, and absorb much of the moisture on the skin. The skin should then be rubbed with a warm towel till perfectly warm and dry. The use of the flesh brush is strengthening and healthful.

A Remedy for Fat or Lean People.

It is proverbial that "people are never satisfied." This is certainly true of fat and lean people. The fat ones wish to be lean and the lean ones fat.

We quote below the regime that reduced the Duchess of Marlborough many pounds of weight. You can adopt no better rules if you will to get rid of excessive adipose tissue. If too lean simply reverse the process.

"No morsel of bread, cakes, rolls or pastry. No tea, coffee, chocolate or sweet wine. No port, sherry, brandy, stout, rum, champagne, beer, or any other alcoholic beverage. No butter, cream, custards, jellies or sweets. Not a drop of ice water. No warm baths. No flannel and only enough clothing to keep warm. No bed room heat. Not a drop of any liquid food at meals. In place of bread she had fruit. Her diet was limited to two meals a day, breakfast and dinner.

She had the following bill of fare to select from: Rare, lean meats, game and poultry, soft-boiled eggs, sea foods, toast, lettuce, sprouts, very cold water. She drank half a gallon of hot water every day, with lemon juice in it to take away the flatulency. Cold water was denied her. She had no tea or coffee. She ate no fruit except apples, pears, peaches, and grapes. She ate no bread except white bread. She ate no butter. She ate no cream. She ate no custards. She ate no jellies. She ate no sweets. She ate no pastry. She ate no cakes. She ate no rolls. She ate no bread. She ate no fruit except apples, pears, peaches, and grapes. She ate no bread except white bread. She ate no butter. She ate no cream. She ate no custards. She ate no jellies. She ate no sweets. She ate no pastry. She ate no cakes. She ate no rolls. She ate no bread. She ate no fruit except apples, pears, peaches, and grapes. She ate no bread except white bread. She ate no butter. She ate no cream. She ate no custards. 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